

The Tao of Liberation: Exploring the Ecology of Transformation

Mark Hathaway & Leonardo Boff

Pg xiii “Global capitalism is concerned with electronic networks of financial and information flows; ecodesign, with ecological networks of energy and material flows. The goal of the global economy, ... [at present], is to maximize the wealth and power of its elites; the goal of ecodesign is to maximize the sustainability of the web of life. These two scenarios are on a collision course.”

The challenge is to change the value system

Pg xiv “global capitalism... is unsustainable... its underlying principle, that making money should take precedence over human rights, democracy, environmental protection, or any other value, is a recipe for disaster... The critical issue is politics... a shift from finding out what we can extract from nature to what we can learn from it”

Pg xvii “we are called to reinvent ourselves as a species... The first step is understanding the... obstacles ... the second is the formulation of a cosmology... sufficiently entrancing that will sustain us in the transformation of the human project.” “obstacles include the illusion of unlimited growth..., excessive corporate power, a parasitic financial system, and a tendency to monopolize knowledge and impose... monocultures of the mind... reinforced by systems of education, mass media, consumerism, and artificial environments...”

Pg xxiii “Tao, meaning a way or path leading to harmony, peace, and right relationship... the wisdom that lies at the very heart of the universe... [it conjures] the image of a process that puts wisdom into practice – a kind of praxis... walking wisdom”

Pg xxiv “the Aramaic word used by Jesus... Malkuta (the kingdom) – refers to “the ruling principles that guide our lives toward unity and conjures the image of a fruitful arm poised to create”

Pg xxv “Liberation is the process of moving toward a world where all human beings can live with dignity in harmony with the great community of beings who make up the Gaia, the living earth... it is about realizing the potential of human beings as creative, life enhancing participants within the unfolding evolution of Gaia.”

“Liberation in a cosmic perspective [is] the process through which the universe seeks to realize its own potential as it drives toward greater differentiation, interiority (self-organization, consciousness), and communion (community).

Xxvi “the same forces and ideologies that exploit and exclude the poor are also devastating the entire life community of the Earth”

Pg 2 “our planet is experiencing one of the greatest mass extinctions of our time”

Pg 3 inability to change is due to “lack of political will and ... many of us choose simply to push [dangers] out of mind because of fear.”

When fear is the motivator for conservation we turn away from the will of life perhaps...

-note frog sitting in hot water as temperature rises is a good analogy of our current state

Pg 7 “We must remember that the very fact that these crises are our own making means that there is hope of addressing them in a meaningful way... We can choose life... If we have the will, we have the means to control human population, to dismantle weapons and to deflect wars, and give everyone a voice in democratic self-governance”

Pg 8 *Crisis comes from combination of danger and opportunity*

We are called to wake up and adopt a completely new reality of relationship to our world... similar to Christ of the Celts that declares Jesus as a deep call to renew the way we are supposed to be living.

Pg 9 "Capitalism is rooted both in patriarchy (domination of women by men) and anthropocentrism (domination of nature by humanity)... in order to overcome the psycho-spiritual impediments to transformation, we ... [must] acknowledge our fears, build community, and nurture creativity and solidarity... [we must live at a] much deeper and richer level of being (in connection) than is common in most modern societies."

Pg 10 "ecology... refers to study of the home"

Chapter 2 We are sustaining a pathological system that creates poverty and inequality, depletes the earth, poisons life, unsustainable growth, distorted development, corporate rule, parasitic finance, limiting monocultures, and wealth for the few from a violent domination of the many – the capitalistic diseconomy must change

Pg 29 "if the economic growth rate of poor nations were doubled, only seven would close the gap with the rich nations in the next century"

pg 32 "GDP is little more than a measure of the rate we are turning resources into garbage"

pg 36 "the culturally biased project of removing perceived poverty destroys wholesome sustainable lifestyles and creates real material poverty, or misery, by the denial of survival needs themselves, through the diversion of resources to resource intensive commodity production..."

pg 37 "the Western development enterprise has been about separating people from their traditional means of livelihood and breaking down the bonds of security provided by family and community to create dependence on the jobs and products that modern corporations produce"

pg 45 "we are being driven to dependence on detached and unaccountable corporations"

pg 49 "the world's parasitic financial system continues to suck the poor and the Earth itself dry, insisting that whatever wealth can be extracted be used to enrich the financial economy"

"Economics is oikonomia, the art of caring and managing the household – the community, a society or the Earth"

We must choose between empire and true economics

pg 58 Empire/Industrial Growth society (Life is hostile and competitive, humans are flawed and dangerous, order by dominator hierarchy, compete or die, love power, defend the rights of self, masculine dominant)

Earth Community/Economics (Life is supportive and cooperative, humans have many possibilities, order through partnership, cooperate and live, love life, defend the rights of all/mutual responsibilities, gender balanced)

Pg 56 "Only the health and diversity of the web of life have real value. Activities that undermine this – including the destruction of life to accumulate capital – are evils, not goods. All activities are ultimately gauged by their long-term, enduring value" *Question to ask when making a choice: does it improve health or diversity?*

Pg 61 "The U.S. and U.S.S.R. spent over \$10 trillion on the cold war, enough money to replace the infrastructure of the world...we bought and sold the entire world in order to defeat a political movement"

Pg 65 "Anthropocentrism= belief that humans alone have intrinsic value..."everything is valuable insofar as it serves human interests. "Lies at the heart of our current anti-ecological understanding of economics" *language of raw materials suggests we are above the earth*

Pg 66 "Anthropocentrism irrational because: 1. not consistent with scientific reality 2. Leads to [bad] practice 3. No sharp division exists 4. Leads to closed logic"

Pg 67 "anthropoharmonic...developing a profound respect and love for all life... such a shift...calls humanity to put aside the quest for acquisition, consumption, and domination,...instead seek out... security, love, community in harmony with the ...ecosphere"

Pg 74 Human dependence on the hospitality of the Earth is total"

Pg 79 we need a "renewed understanding of work. The aim of the human endeavour is no longer... accumulation, but rather the enhancement of the life process and human happiness...work must first and foremost be purposeful, something useful and necessary for the production or sustenance of life"

Pg 80 "Nothing in the world \ is as soft and yielding as water.\ Yet for dissolving the hard and inflexible, \ nothing can surpass it.\ The soft overcomes the hard; \ the gentle overcomes the rigid. \ Everyone knows this is true, \ but few can put it into practice"

Pg 81 Power – "that which enables"

Types: 1. **Power Over** "power that restricts or controls... power backed by the gun,... by force,... coercion, manipulation, control motivated at some level by fear" "enables 1 group/individual over another"

2. pg 82 **Power-from-within** "power that sustains all life: power of creativity, healing, and...love." "empowerment" "power inherent in seeds...to spring forth life" *kingdom of heaven mustard seed power?* "Aramaic [Jesus used], hayye translates to "life-force" or "the primal energy that pervades the cosmos"

3. **Power-with** "power that enables us to act in concert and to form participatory organizations." "Subtle,... fluid...dependent on personal responsibility...creativity...and willingness of others to respond"

Pg 83 "Power-from-within could be represented as the nodes from which power originates; power with as the lines that link together individuals and groups through influence; and power –over as barriers blocking relationships of power-with while stifling the exercise of power-from-within"

Pg 85 "Awareness is the beginning of all resistance. We can only resist domination by becoming and remaining conscious: conscious of the self, conscious of the way reality is constructed around us, conscious of each seemingly insignificant choice we make, conscious that we are, in fact, making choices"

Pg 85 "Shake off the spell"

Pg 87 "The world could be changed. But one of the major reasons it stays the way it is is because of our deep belief... that nothing can or will change...the ruling classes rule by consent- they have managed to get the active participation of the people they rule in the process of policing the established order. We become our own jail-keepers." "if we can...confront our internalized powerlessness...[and] break out of the jails...constructed in our won psyches, the prospects for changing the current political, cultural, and economic systems are greatly improved" "powers of domination do not wield an absolute power"

Pg 88 "pathology [falls] into one of three 'poisons': aversion, addiction, or delusion"

Aversion: avoidance, anger, fear, defensiveness, or aggression -> denial and internalized oppression

Addiction: all form of greed and attachment...attempt to fill the emptiness of lives lived in delusion with something...that will ease the pain of hopelessness. Pg 94 "to be human is to be able to envision,...see literally, and to empathize...addiction is fundamentally dehumanizing"

Delusion: despair "we may seek a false escape in addictions, or we may express our frustration and anger through irrational, aggressive forms of behaviour"

Pg 92 "The very danger signals that should rivet our attention...tend to have the opposite effect. They make us want to pull down the blinds and busy ourselves with other things"

Pg 95 "The mind pays for its deadening to the state of the world by giving up its capacity for joy and flexibility"

Pg 104 "Cosmology = a vision of the nature of reality and the purpose of life...the advertisement is the modern cosmological story...it tells you everything that matters: ...the nature of the universe? Storehouse of materials. Nature of the human? Get a job and buy commodities. The ideal human? Someone hanging out by the pool drinking a Pepsi and laughing" *clever*

Pg 106 "the hollow cosmology of consumerism ...never really manages to quench our yearnings for communion, creativity, and beauty."

Pg 113 "the body is in the soul" ... "Our bodies are constantly exchanging materials... 98% of atoms in our bodies are replaced every year...over half of our dry body weight is made up of nonhuman cells...individuals are dynamic, open systems"

Pg 115 *to escape the prison of detachment and identity we need to widen circles of compassion*
"Beauty, Wonder, and compassion... need to be reawakened"

Celtic Christianity concept of sin/Jesus' salvation of Jesus coming to reawaken our sense of what true life is about

pg 116 "My thoughts will all be beautiful, my words will all be beautiful, my actions will all be beautiful, as I walk my life the Beautiful Way."

pg 117-119 "From paralysis to reconnection" 1. *Become Aware* -beauty and joy first, pain and suffering second "open ourselves to a reality that includes beauty and joy... fear and pain 2. Acknowledge effect of Awareness and "stay present in the flow of pain...facing our despair and anguish ...is necessary for growing" 3. Share "we can never hope to transform our way of being human in the world without the support and challenge of others committed to the same struggle"

pg 124 "Community must be the context in which we seek to heal and challenge each other toward new ways of being."

We need to develop will

"The development of will enables us to act freely in accord with our own deepest nature rather than under external compulsion..."

pg125 "Five stages..." 1. Clear vision or goal 2. Deliberation/discernment 3. Affirmation 4. Planning 5. Directing and execution

pg 126 "Creativity happens in the psyche when our consciousness moves from being human-centred to creation-centred...It makes mysticism possible and rescues us from an anthropocentric world view."

Part 2 Cosmology and Liberation

pg 130 "Cosmology is the myth underlying the way we live...it profoundly colours our perception of reality, including our assumptions about the nature of change... a cosmological image is the frame of order of the psyche...our inner world. Everything we know or imagine is contained within it" (136
"Paradigm is a constellation of concepts "

pg 132 Characteristics of traditional cosmologies

1. A myth of creation implies both a beginning and a purpose for the cosmos.

2. Nature, including the earth and cosmos, is a living interconnected web”.
3. Humans are part of nature. A strong ethic of respect pervades human interaction with other creatures. Nature is something to be honored – even revered – not subdued, exploited, or even ‘developed’.
4. Land is understood holistically, not as a piece of ‘dirt’ but as a community of living beings. Therefore, land cannot be owned but is rather held in common. People do not own the land – they belong to it.
5. Human society values a sense of kinship, inclusion, cooperation, and reciprocity rather than competition and personal economic gain.
6. Time is viewed as circular or cyclic, rather than as linear. Time follows the flow of the seasons and the cycles of birth, death, and rebirth.
7. The purpose of life is conceived in terms of harmony, balance, and sustainability rather than in terms of progress, growth, or economic development.

pg 135 “In objectifying the world... we have also become objects”

pg 137 “As a result of losing a living cosmology that could genuinely sustain and nourish our spirits, we have grasped instead to fill the void within with the surrogate cosmology of acquisition and consumption. In the process we can no longer hear the voice of the trees, the mountains, the rivers... nor can we hear the cries of the poor and marginalized... we have become filled with despair and have lost a vision that could inspire and motivate us to confront the mounting crises around us”

pg 138 “we need a new vision of the cosmos to inspire and guide the profound transformations that are required for the survival of complex life on earth...that recaptures...humanity” as part of “a living cosmos imbue with spirit”

pg 150 “It is fear of the labyrinthine flux and complexity of phenomena that has driven men to philosophy, to science, to theology – fear of the complex reality driving them to invent simpler, more manageable, and therefore, consoling, fiction”, such as the comforting fiction of a clockwork universe reducible to inert atoms.”

pg 157 “If we imagine the universe as ‘it’ – a universe of ‘dead matter and blind force’ – something in us goes dead and blind. We can engage without remorse...in the wholesale destruction of nature.

pg 180 “We live in a cosmos whose foundations are built on deep rooted... relationality... Cause and effect are neither linear nor local, nor are they simply random; instead they are both mysterious and creative.”

pg 182 “the entire universe is continually flickering in and out of existence at each moment... Reality is a kind of vibration arising from the pregnant void, waves on a vast ocean of energy... the super essential darkness of God that is the ground of all being”

pg 191 “The key to effective action lies not in the power to dominate and control, but rather in holding the right intention and in discerning the right action at the right time and place”

pg 192 “Physics tells us that a rock is composed of a vast number of atoms. And these same atoms, which at the quantum level... are enfolded in ambiguity, conspire to engage in a great dance whose collective manifestation is a rock. The rock is pure dance. Its very rockiness, its inertness, its whole inner voice, are the manifestation of this constant movement and flux”

pg 202 “To understand things systematically literally means to put them into a context, to establish the nature of their relationships” Greek synhistanai = “to place together”

pg 209 **Isolated observation does not exist** “What we observe is not nature itself, but nature exposed to our method of questioning... seen from the perspective of our own unique place in the wider system of which, we, too, are a part.”

pg 211 “nonlinear dynamics of living systems produce an extremely complex relationship between cause and effect...causality... is not linear and unidirectional, but reciprocal – or ...circular. Outcomes are determined less by inputs than by the complex dynamics of the system itself....”

pg 212 “in the systems view, order is not imposed from above, by mind exerting its will on dumb material forces, it is intrinsic to the self organizing nature of the phenomenal world itself.... Our ability to affect reality no longer depends on the brute force of our input, but on the subtle webs of relationality inherent in the exercise of power-with”

pg 216 “good” (taba) = “ripe”, “evil” (bisha) = “unripe/rotten” so “lead us not into temptation, but deliver us from evil = “let us not be deluded by superficiality or seduced by appearances, but free us from inappropriate (unfruitful) actions”

pg 222 Memory occurs through morphic resonance = “transmission of formative casual influences through both space and time” via morphic ‘fields’

pg 244 “To the extent that we try to live in new ways that model the future we wish to create, we begin to create new habits and ways of being that make it progressively easier for others to do likewise”

pg 251 “Creation does not happen once and for all time; rather, creativity is an ongoing process that manifests as a series of stages or steps”

pg 259 “theory of symbiogenesis implies a radical shift of perception. Conventional theory sees the unfolding of life as a process in which species only diverge from one another, [symbiogenesis] suggests the formation of new composite entities through the symbiosis of formerly independent organisms has been more powerful and more important evolutionary force.”

“Every multicellular organism, is a kind of close-knit confederacy of diverse organisms”

pg 260 “we need to reinterpret the idea of ‘survival of the fittest’ to mean the ability not to kill and destroy other species but rather to fit in well and contribute to the rest of the biotic community.”

Pg 277 “there is no blueprint, ...no clear, defined goal, but there is a dynamic of allurements... that is drawing the cosmos in a certain direction...we are not merely a cosmic accident. In some sense, the universe has been striving...to give birth to us”

Pg278 “cosmogenic principle states that the evolution of the universe will be characterized by differentiation, autopoiesis, and communion...the basic drive of evolution is to increase depth...”

Pg 279 “principle metaphor is that of an organism (not a machine)...essence of reality lies not in substances but in systems... always in relationship to something else... atoms have dissolved into effervescent whirlpools of pure relationality...matter is no longer...dead or inert; rather, all of reality is in some sense alive.”

Creative emergence takes place over deterministic or random results “In complex systems, nothing can be predicted with certainty...yet things are not [entirely random either but] characterized by attractors.”

Pg 280 “the observer is always related to what is observed...knowledge... is in some sense bound up with love for what we desire to know.”

Pg 281 “three key characteristics mark the cosmic story of evolution: differentiation, autopoiesis, and communion...Were there no differentiation, the universe would collapse into a homogenous smudge;

were there no subjectivity (autopoiesis), the universe would collapse into inert, dead, extension; were there no communion, the universe would collapse into isolated singularities of being.”

Pg 283 “The primeval fireball is lost forever. Our sun will perish in five billion years, forever. The dinosaurs were magnificent creatures. They had their day. Without the elimination of the dinosaurs, the mammals would never have developed... So, too, the mammals will have to deal with the demands of the universe. We must embrace loss as an ultimate reality. Evil is the demand that loss is not real. Our society has organized itself for the denial of that reality... The denial of loss is the refusal to enter into the sacrificial event of the universe. If loss is embraced, every moment of our lives is understood as disappearing into the ongoing story of the universe. Our creativity is energizing the whole. While it can be difficult to embrace the reality of loss, with it comes the possibility of constant renewal and change, including authentic liberation.”

Pg 286 “We are part and parcel of this immense intelligence, this Spirit-in-action, this God-in-the-making... Evolution is both God and Goddess, transcendence and immanence. It is imminent in the process itself, wove into the fabric of the Cosmos; but it everywhere transcends its own productions, and brings forth anew in every moment”

See Meister Eckhart (xian mystic)... This evolution can be seen in Jesus, how he chose to live is imminent but through his death/loss/resurrection, every moment he is bringing forth anew in our understanding...

Pg 287 “In the very first instant when the primitive particles rushed forth, every one of them was connected to every other one in the entire universe. At no time in the future existence of the universe will they ever arrive at a point of disconnection. Alienation for a particle is a theoretical impossibility. For galaxies, too, relationships are the fact of existence. Each galaxy is directly connected to the hundred billion galaxies of the universe, and there will never come a time when a galaxy’s destiny does not involve each of the galaxies of the universe. **Nothing is itself without everything else.**”

Pg 292 “the conscious participation of humanity in the movement toward greater diversity, interiority (life giving expressions of creativity), and communion [is a definition of] the process of liberation.”

Pg 293 “In our...brief history...we have reinvented ourselves time and time again. We were born in the forests and savannahs of Africa, but were able to adapt...in the ice age. We began as hunter-gatherers, moved on to become farmers, and then reinvented ourselves as industrial, city-dwelling people. We...can reinvent ourselves...again.

“We must learn to:

- embrace limits, definitively renouncing the pseudo cosmology of consumerism and the economics of growth
- find our meaning and fulfillment in our active participation in the process of cosmic evolution... (“Dream of the earth”)
- deepen our communion with our living planet, the material and psychic source of our sustenance
- seek out a new kind of ethics based on care and the enhancement of life, creativity, and beauty”

Pg 298 “We will not make the changes we need to by cultivating guilt or by shaming people into action....we will be able to remake humanity only if we are passionately drawn toward a new way of living in the world... Beauty, awe, and wonder along with a deep love for all living things must be central sources of energy in the struggle to come” *ethics of beauty over ethics of duty are required for our evolution.*

Pg 304 “Each being expresses the Creator.... Each being, especially living beings, are a bearer of this excellence “regardless of its worth to human beings”.

Pg 306 "To care with love is to feel united with the most distant star, with our brother bird, and with our sister ant, and to be able to declare with emotion: 'You are infinitely important to me; you cannot suffer unjustly; you cannot disappear; you must live.'" *We need to adapt an ethic of respect and care which will cause peace **on** Earth and **with** Earth* (see The Earth Charter)

Pg 309 "Express yourself completely, /but use few words. /Follow the way of nature: / the wind does not blow all morning; /the rain does not pour all day; / when the storm passes, the sun shines again..."

Pg 311 "we have lost the vision of the sacred unity for the living human being as a dynamic, interconnected, and interwoven coexistence of matter, energy and spirit...spirituality...not just a way of living certain moments but rather a way of being a person"

"Three fundamental dimensions within the coherent oneness of the human being: exteriority (relationships), interiority (psyche), and depth (spirit-go beyond senses)"

Pg 313 "the lived experience...is that we are linked and relinked (root of "religion") to each other and all to the Originating Source. A thread of energy, life, and meaning passes through all beings, making them a cosmos instead of chaos"

Pg 315 "Spirituality helps us overcome...self-interest...creates space for logic of coexistence, cordiality, and reverence in the face of the unique reality...of each being and in the face of our communion with all things and with God."

Pg 316 "The difference between the spirit of a mountain and the human spirit is not one of principle, but rather of degree. The principles of interaction and of creation are present in both...the human spirit is this ...cosmic "spirit" which has become self-conscious and which now consciously... communicates..."

"Spirituality...is the maximum empowerment of life...to feel nature as the wellspring of living energy and to commune with each being we encounter as an entity with purpose, a sister or brother in the great adventure of the universe"

Pg 318 "Spirit is understood in terms of breath (ruha in Aramaic)...the Hebrew root khabash, normally translated as "subdue" can also be "the ability of human consciousness to move with a greater amount of free will", which "was here extended to include an ability to override its own subconscious self... a heritage from the interiority of older beings"

Hebrew "radah" –norm "have dominion"- "points to a singular power to radiate diversity and differentiation, ...a power that moves with firmness...in its own will" → suggests a "sense of responsibility that comes from participating in God's creative action"

"Humanity is seen in Genesis as an expression of Earth" (adamah/earth with breath)

pg 320"restored to humanity in our restoration to earthiness, in recognition that we are part of the great community of Earth"

pg 321 "Every creature is full of God, and is a book about God." -Meister Eckhart

pg 321"the laws of science, ...contain many fundamental numbers...the remarkable fact is that the values of these numbers seem to have been very finely adjusted to make possible the development of life...one can take this either as evidence of a divine purpose in Creation and the choice of the laws of science or as support for the strong anthropic principle" –Hawking

pg 324-25 names for God manifests in—energy, infinite passion of communication and expansion, spirit interpenetrates all, future, in-communion/relation ... "in even the smallest manifestation of being... we are enveloped by the Mystery of the cosmos-in-process (acts 17:28)"

pg 326 "when Christians say that God is Trinity -... [We] express our singular experience of God-as-communion, not solitude."

Pg 329 "The Spirit sleeps in the rock, dreams in the flower, remembers in the animal, and comes to know what it remembers in the human being...the Spirit permeates all as an entanglement of the universe with itself; as an awakening of consciousness, desire, and enthusiasm; as a cry of liberation, and , as a force of communication and communion."

Pg 330 "Incarnation is an act of limitation, of accepting constraints, of moving from the universal to the particular...it implies a process of emptying, of letting go...by the resurrection... all bonds of space and time were torn apart. Christ took on a...cosmic dimension."

Pg 331 "kingdom" → Aramaic → "Malkuta – is much more similar to the concept of the Tao or to the Buddhist Dharma than to any kind of 'kingdom' we might imagine..." Malkuta → malkatuah "great Mother (Earth)"

"Malkuta points to the governing principles that guide the evolutionary process of the cosmos itself...a process leading the cosmos toward every greater communion, differentiation, and interiority... the word's roots elicit the image of a 'fruitful arm' poised to create"

Heaven → "the realm of that which exists in potentiality, the sphere of vision and possibilities"

"Your kingdom come" → "we are seeking to put our own personal and community aspirations in harmony with ...the divine"

Pg 332 "Spirituality is not *thinking about (theology)* God in the cosmos, it is *experiencing* God in all things."

Pg 333 "We are not just on the Earth. We are the Earth itself that in this phase of its evolution has begun to feel, think, love, reverence, and care" human → humus → "fertile earth", adam → adamah → "soil"

"Through love, we deepen this inherent identification with the Earth. We embrace the world...and all things –and in so doing we embrace God, entering into communion with the Spirit as it acts in natural and historical processes; we embrace... the cosmic Christ, who is propelling evolution toward its culmination in the Malkuta"

Pg 336 "Fundamentalism ...represents a betrayal of God's purpose and vision for the world...it lacks the essential attitude of respect for the other that is a precondition for love... Religion is meant...to be a way to 're-link' (re-ligar) us to the Source, to help us harmonize our lives with the Tao...Religions must serve to safeguard the sacred memory of the experience of the Mystery of God."

Pg 337 "that which exists...is a universe of energy...a certain kind of crystallization of energies in equilibrium appears as matter...but... the fundamental law is that of relationship"

Pg 338 "What is the future of planet Earth and of humanity as a whole? To what extent do churches, religions, and spiritual traditions help us to safeguard the good creation of God and within this, how do we find our proper place? The central radical question for faiths of our time"

pg 342 "[we] must look again into our own spiritual tradition and seek out the insights that move us to reverence for all life, to an ethic of sharing and care, and to a vision of the sacred incarnate in the cosmos...to unleash a spiritual revolution that can truly heal the earth."

Pg 346 "we must abandon both the comfort and the despair of a predictable universe and opt instead for a cosmos of complex relational creativity ...where paradox and surprise create endless space for the unexpected to break through."

Pg 350 "think of liberating action... in terms of the roles of the reformer, the prophet, and the visionary..."

- "Holding actions" (reformer) – in defense of life seek to prevent further injustice and damage to the Earth

- "Actions that seek out structural causes or build alternatives" (prophetic) – educational, alternative progress indicators, community gardens, local currency

- "Actions aimed at shifting perceptions and paradigms" (visionary) – embody new cosmology, re-mything cosmic story, despair & empowerment work

Pg 352 "We must live as if the reality we wish to see were already here"

Pg 353-35 move from "living better" → "living well":

The 10 commandments of living well: characteristics of sustainability, economic justice & equality, biological & cultural diversity, rootedness in place, self-reliance and openness, democracy &

participation and subsidiarity, cooperative self-organization, sharing of knowledge and wisdom, responsibility and rights, balance → suggests bioregionalism

Pg 356 “Embracing the bioregional vision requires more than recycling...driving less... or even minimizing our consumption,... It involves a change in our sense of identity, so that we allow our surroundings to grow into us, to let the land reclaim us like ivy growing over an old house, or wildflowers pushing up through cracks in the pavement. It means the death of the old industrial self and the birth of something new.”

Pg 357 glocal → “we must think and act both locally and globally... we should know our local reality and how best to act within it, but we are also informed by the global reality and the experiences of other regions

Pg 358 “We need to ask what wealth really is and what it is really for. Instead of seeking to acquire things beyond what is truly necessary, we could seek instead other kinds of wealth, particularly in the form of time for friendship, family, reflection, meditation, creativity, nature, and play.”

Pg 359 “a renewal of human work as a life-sustaining activity...instead of ‘jobs’ we must seek to create authentic livelihoods that are useful, meaningful, and life-giving”

Pg 360 local culture is key “People have become dependent on outsiders who live far away, and the hegemony of professionalism has replaced local culture. Lacking an authentic local culture and local economy, places become open to exploitation, and ultimately destruction, from the center...culture is the glue that holds communities together and makes them last over generations...Culture is the soul and life force of a community...culture as a way of life”

Pg 363 educate → “educere” Latin for “to draw out” “Education is not fundamentally concerned... with accumulating information – although the availability and flow of quality information are necessary to maintain a healthy living system; rather, education must be understood as an intrinsically transformative process that enables us, as humans, to become more attuned to both our local ecosystem and the wider cosmic story while facilitating a creative and harmonious interaction with other humans and the wider earth community. Education should draw us ...to act consciously, creatively, and harmoniously with the unfolding purpose of the cosmos” “we must move from knowledge factories to wisdom schools”

Pg 364 “transition from the idea of knowledge as power to the idea of knowledge as love...Mind and body must learn together – we must learn not only by seeing and hearing but by tasting, feeling, and smelling

Pg 365 Holistic learning cycle: preparation (gather info and analysis) → incubation (stimulate intuitive cognition) → Illumination (intuitive insights become conscious) → Verification (put new insights into practice and evaluate them)

Pg 370 The four-fold path is a way toward liberation “mysticism and action... united...effectively work for liberation” (comes from Matthew Fox)

a) **The Via Positiva** (rooting ourselves in the goodness of creation and awakening to awe, beauty and praise)

-the act of worship in an expansive sense

pg 372 “O creative Breath, Father-Mother of the Cosmos/ ebbing and flowing through all forms// O shimmering Sound/Thy radiant Name dances in and about all-that-is” **Renderings of the first line of Lords Prayer from Aramaic**

pg 372 cultivating awareness as key to “liberating forms of power-with and power-from-within”

pg 373 begin by “taking time to engage in what we truly love to do...these activities can become a ‘gateway to reverence’ that enable us to develop a greater sense of awareness. Extend our practice to

include mundane activities...as well as those places and situations where beauty has been sullied...leading us to the Via Negativa”

-pg 373 “we learn to cultivate our compassion and our capacity for empathy...we widen our sense of being”

-pg 374 “every breath is a sacrament, an affirmation of our connection with all other living things, a renewal of our link with our ancestors and a contribution to generations yet to come. Our breath is a part of life’s breath, the ocean of air that envelops Earth...With each breath we take; we inhale atoms that were exhaled by every other human being, and nearly every other living creature, who has ever inhabited the earth”

b) **the Via Negativa** (emptying ourselves, clearing space for the sacred to dwell, lament and letting go, the “fertile darkness” (pg 376) of the pregnant void)

-the act of preparing for the incarnation

pg 375 “Prepare the ground of our being/ and hallow a place for the planting of thy presence// Penetrate the deepest recesses of our hearts/ and clear a space where thy shining Name may enkindle us.” **Renderings of the second line of Lords Prayer from Aramaic**

pg 377 “overcoming our addiction to consumerism implies that we learn to let go of that which we do not truly need...in shifting to a simpler lifestyle... we can move toward other sources of value and enjoyment”

Pg 379 “letting go...prepares the ground for intuitions to arise”

c) **the Via Creativa** (the way of creating and giving birth, of reuniting to the empowering vision of the Malkuta; reconnecting ourselves to the great cosmic story and aligning ourselves with its unfolding purpose, new insights and perspectives)

-the act of the resurrection as a symbol of discerning “new” ways

pg 377 “In this nuptial chamber where desire bears fruit/ conceive the creative potency that enables us to say, “I can.” // Let the rhythm of thy counsel reverberate through our lives/ so that it may empower us with thy creative vision.” **Renderings of the third line of Lords Prayer from Aramaic**

pg 378 “the key to transformation is to find the appropriate action for the place and time in which we are present. Given the subtle play of dependent co-arising, even small shifts in our perceptions, thoughts, and beliefs – and how these in turn colour our words, emotions, and deeds – can have a real effect in the world”

pg 378 “the ability to effect change depends not on brute force but rather on the subtle webs of relationality inherent in power-with and the self-organizing potential of power-from-within”

Perhaps this is what Jesus tapped into in promoting creative non-violence

Pg 382 “By...tapping our intuition, creativity can serve to restore our sense of vision and purpose. We can then move beyond the delusion of despair and the prison of preconceptualizations to new hope and new possibilities”

d) **the Via Transformativa** (the path of embodying the vision and giving it a form; working actively to transform the world)

-the act of incarnation

pg 382 "So that, fully united with the vortex of thy desire, / we truly embody the light of thy purpose./ Harmonize our own goals and purposes with thine own; / As from the emanation and vision, so too in form." **Renderings of the fourth line of Lords Prayer from Aramaic**

pg 382 "to make something a reality, we must first come to see clearly *what* we desire and then we must *ask*, with all our being, that it come to fruition"

pg 383 "as an act of incarnation, manifestation presupposes that we first work to purify our own personal desires, that we practice the paths of invocation, letting go, and creative empowerment combined with intuitive discernment...only then can manifestation become an act that opens the way toward liberating transformation"

pg 385 "we do not acquire that which we desire, we become it"

pg 386 "It is not...sheer force that triumphs but rather persistent energy working with the natural flow of the Tao" ex. Matt. 7:7 expanded Aramaic translation Neil Douglas Koltz, martial art of Aikido "blending with the energies of the aggressor"

pg 388 "We must cease to work in ways that directly exploit the planet or our fellow human beings. All our work, all our activities, must seek the ongoing sustenance of life and/or the process of transformation leading to a more just and sustainable world..."

pg 389 "in considering these questions we still need to find ways to sustain ourselves and our families. This may mean that we will need to reorient our lives gradually...take time to discern where and how we can best work and... move progressively in that direction" consider "gentle action" pg 387 as a means of change

pg 389 "With passion and soul may we generate/ the sustenance and understanding we need to take the next step./ Loosen the cords of past mistakes and disentangle us from frustrated hopes,/ as we, too, release others and restore to them that which has been usurped./ Let us not be enmeshed by the nets of delusion/ or become lost in the forgetfulness of distractions/ which divert us from our purpose,/ but illuminate for us the opportunities of the present moment./ For from thy fertile ground springs forth the empowering vision,/ the life energy that creates and sustains,/ and the harmonious song that enkindles wonder,/ From age to age, let it in truth be so." **Renderings of the fifth through eighth lines of Lords Prayer from Aramaic**

pg 390 "The best we can do is seek to root ourselves ever deeper in a sense of the Tao, to try to harmonize ourselves with the unfolding purpose of the Malkuta...keep in mind the step of verification, of trying things out to see if they actually bear fruit."

Pg 391 "To be truly effective, all our actions for change must be infused with the playfulness and celebration inherent in all creative endeavors...play, in particular, lies at the very heart of our humanity...if we do not take this into account, we will soon become de-energized and depressed by the struggle."

"Music, dance, and laughter lie at the very heart of our struggle for life"

"[It is the] joy that flows out of the deepening of our compassion... 'the joy in the joy of others' ... [that] becomes unstoppable... this force - this life energy... creates and sustains this song... [It] enkindles us with wonder... [and it] will drive the Great Turning toward a new era for humanity and all the Earth."